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ON

The best Means of obtaining the Milk,

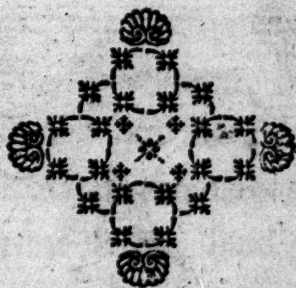
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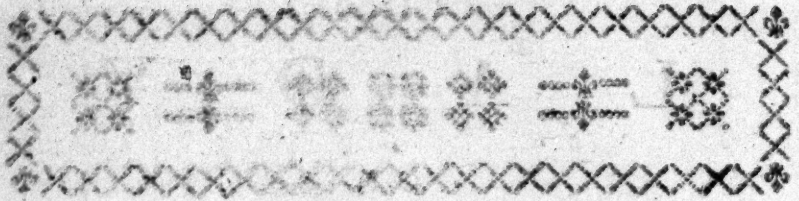
OF THE

I N F A N T

By Sarah Brown

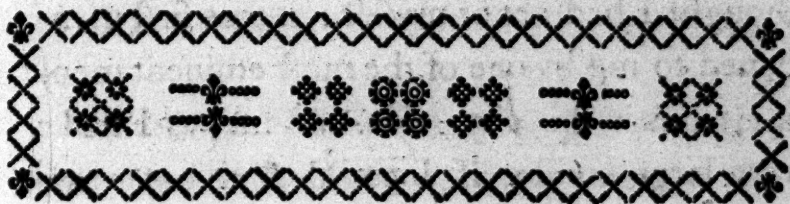


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This Pamphlet is entered at Stationers
Hall, and whoever pirates it will
be prosecuted.

tion of obliging a friend; but, as I have been
 but likewise to a poor woman, whose business
 is to nurse lying-in-women, and as I daily
 and hourly both see and hear how much my
 own sex suffer by mismanagement, I shall
 according to your desire, send you a full ac-
 count how I came to set about my present
 undertaking, as you expressly desire not only
 to know, but have a full account how I came
 to find out what occasioned the rippling
 ing-in; and, as you paid me to sign a con-
 pliment



DEAR MADAM,


 T the time I wrote you word

 A can with truth say I never in-
 tended making any farther ad-
 vantage of it than the satisfac-
 tion of obliging a friend; but, as I have been
 so successful in my directions, not only to you,
 but likewise to a poor woman, whose business
 is to nurse lying-in-women, and as I daily
 and hourly both see and hear how much my
 own sex suffer by mismanagement, I shall,
 according to your desire, send you a full ac-
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 undertaking, as you expressly desire not only
 to know, but have a full account how I came
 to find out what occasioned the nipples turn-
 ing-in; and, as you paid me so high a com-

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pliment

pliment on my cards, I shall generously tell you I have no merit in the affair, for such a thought I had not of myself: it was first mentioned to me by one of the most eminent men-midwives in this city. He told me, as I had a very large family, if I could find out what occasioned the nipples turning-in and being so very sore, during pregnancy and after delivery, he could still be my friend.

I immediately (as you may imagine) endeavoured to make myself mistress of it; and, in about ten days, I met with a poor woman who had a most terrible sore breast. She was not more than five months advanced in her pregnancy: I had frequently seen her breasts, but, as I had not the least notion then what could occasion it, I did not ask her any questions on the subject; but I remembered the nipple of the sore one turned-in exactly like a thimble. I went to her house, and begged leave to see her breast. The moment I examined it, with proper attention, it immediately struck me what must occasion the nipples turning-in. I mentioned it to her; she said she always thought so herself. I then asked her, if I gave her my opinion, if she would ingenuously

ously tell me if that was not the case: she smiled assent, but did not choose to say any thing at that time.

A few days after I went to her again; and, as she was very ill, and in violent pain with her breasts, I told her I was more than ever convinced what she suffered was from her own imprudence; and, as a mother, she was in duty bound to mention it, that her own child* might not suffer as she then did. That caution I saw touched her to the heart, and she then related as follows:

That between fifteen and sixteen, at a very critical period, her nipples were so violently inflamed, and used to itch in such a manner, that when she went to bed of a night she made it her practice to rub them, with all her force, with her flannel petticoat. By this means she rubbed off the external skin, and thus impoverished the milk-tubes, so that, when she was eighteen years of age, both her nipples turned-in like a thimble, but the left itched most; and that is so excessively weak, that, although it will come out with the Assistant,

* A girl about two years and a half old.

tant, for the milk to vent itself after delivery, yet it will not stay out long enough to put the child to it. She assured me that nothing but a parent's anxiousness could have saved the other: she has as fine a strawberry nipple as ever I saw; and I am fully convinced what must occasion her sore breast. I told her, if she would go to my friends any morning before ten o'clock, and let them see her breasts, I would promise her a guinea towards her support when she lay-in. But the prodigious quantity of milk and blood, that had vented itself from the orifices, had so weakened her, that she assured me she could not go so far for ten times that sum.

I have heard many ladies give, as a reason - I then made it my study to find out a young person exactly between fifteen or sixteen, (the age the woman mentioned,) and found hers violently inflamed; she had not been regular. I immediately took her under my care, and I have the pleasure to assure you of my success. In about a month after I saw them again, and ordered them to be done as before.

I was mentioning this to a friend, who had a daughter between thirteen and fourteen years

a mile & a half

years of age; she desired me to look at hers, which I did, though she had been regular some time, the nipples were not sore. I then show a third person, between seventeen and eighteen, and she had been regular but twice, and hers were excessively sore indeed.

A little time after, I had a young lady brought to me, between thirteen and fourteen, and hers were equally as sore as hers of sixteen years of age: since that I have done now and then, my care, but just turned of twelve, and her mother told me she had complained of hers for some time past.

I have heard many ladies give, as a reason for not suckling, that they never had any nipples at all; but that is impossible, (I am convinced,) for nature is always formed perfect; so far I will allow, that children may pick them off by degrees; for I will take on me to say, that not one woman in ten has perfect nipples, and it is that which occasions the violent pain in attempting to open the milk-tubes. Let a certain period of life commence when it will, the nipples begin to open between the age of thirteen and fourteen years. (See the annex-

ed plate.) I therefore flatter myself no lady, after a strict examination of the very great difference there is in the nipples, described in the plate; will scruple to put either herself or daughter under my care, particularly as there are many sorts of nipples. And it is now beyond a doubt, but it is entirely to the want of proper attention to young people that occasions the great misfortune of having sore breasts, both during pregnancy and after delivery.

A farther instance, of a very singular nature, I will give you, of a woman's having sore breasts near her time, whom I was with: I asked her how long she had to go; she said about five weeks. I then enquired if she had any milk in her breasts; she answered yes; and a very large lump in one of them, which is so sore I know not how to lie down in my bed. I asked her if she would give me leave to look at it. I then examined both her breasts, and found it as she said. I applied my Assistant, and found the milk come, which looked like thick matter, and was quite offensive. I took away about two small desert spoonfuls; and she said she was as much eased

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having sore breasts, both during pregnancy

and after delivery.

A further instance of a very singular na-

ture I will give you of a woman having

one breast near the arm, whom I wish:

which her husband had to go to the said

about five weeks, then enquired, she had

my milk in her breast; she answered, and

very large lump in one of them, which is

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I then asked her how she thought that thing
came, she said she had been out in the rain on
borders, and got cold. The next day she found
her breast very sore, and the lump increased
every day. About ten days before she was
brought to bed, I applied the Ointment, and could
not get a drop of milk, although she felt
that the milk came to her, I got it in a moment.
Therefore, that when the milk was gone up
by cold, and it is not in our power to force
nature.

The woman had a sore breast, and
asked which was the proper way to treat it.
I think that in women it is better to have the
breast milk milked out, and then the
breast will be better.

eased as if the child had been at the breast. I then gave her one of my Assistants, and begged she would draw her breasts with it as she found them uneasy; which she did, and, in less time than a week, that lump was quite dispersed, and the breast perfectly easy. Her midwife told her, in my presence, I had saved her a great deal of pain and expence, as nothing but my help could have prevented her from having a very bad sore breast.

I then asked her how she thought that lump came; she said she had been out in the rain, on business, and got cold. The next day she found her breast very sore, and the lump increased every day. About ten days before she was brought to-bed, I applied the Glass, and could not get a drop of milk; although, the first time she came to me, I got it in a moment. Therefore, that shews the milk was pent up by cold; and it is not in our power to force nature.

This woman had a sore breast four years ago, which was not properly cured. Nor do I think one in twenty is; for, without the patient puts herself under a regular sur-

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geon,

geon, she is is sure to have sore breasts with every child, because it was not properly healed, nor she cleansed; instances of which are too common. I have nothing to do with sore breasts after delivery, if broke; but, if sent to in time, I can prevent that misfortune. I shall here acquaint you, the chief cause of sore nipples after delivery * is owing to the strangury, and not having a stool every or every other day; without which the inward inflammation of the body, occasioned by labour, will cause them, whether they suckle or not. I would wish every lady (without she has positive orders to the contrary from her midwife) to be taken up the second day, between four and five o'clock, if it be but for ten minutes; but by no means later in the day than that; for it is the being taken out of their bed in the cool of the evening that gives them cold. An instance of which I lately had, of a lady's being taken up at night, catching cold and losing her milk.

But to convince you, and every lady, I wish to render them all the service in my power;

should

* Before delivery, if sore, you must refer to page 5 in my Letter to a Lady on the Mode of conducting herself during Pregnancy.

should they, at any time, (through cold or fever,) lose their milk, my advice is not to give up suckling; for it will return again if they take pains. Therefore, whether in bed or up, they should have a warming-pan of hot coals brought to them, free from smoke, and have it put as close to them, under their breasts, as they can bear it; and gently rub their breast over the fire with a piece of salt butter: this will open the milk-tubes again sooner than any thing I ever made use of. Immediately apply a piece of fine rag, and over that a piece of new flannel; that puts the breast in a fine perspiration; and be sure every quarter of an hour to shake the breasts, and apply the child constantly. If yours will not suck send for one older; if neither will suck, then put the Assistant, and let it lie at the breast, as you did to obtain the milk; and drink frequently. If that occasion much pain, have the Assistant filled with hot water; put a cork in it, and let it hang over your shoulder; the heat of which you will find a very great help in bringing the milk again. If that will not do, immediately apply a poultice.*

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If

• See page 23.

If you will strictly observe this, I will engage your milk will return again freely in twenty-four hours; otherwise you will lose your milk quite, and have a sore breast, in all probability, likewise.

For want of knowing how to manage themselves on such an occasion, many ladies lose their milk at the fortnight's end; therefore, I recommend plenty of weak white-wine whey. It is diluting, and will fling them into a perspiration and in a great measure carry off the fever.

You must do as above at least twice a-day, and once in the night, if your breasts are hard and full; otherwise (if your infant cannot do without the breast) you will have the mortification of seeing it sucking another person; and she, perhaps, has but one breast. Would any person, that has that misfortune, suckle a child of mine for nothing, I would not accept her. Make it your observation, and you will see, when that is the case, the face will be quite flat on that side on which it suckles, and the neck drawn awry. If you mention that circumstance to any woman that has but

one breast of milk, she will tell you the child's head was hurt in the birth; and, in so doing, the midwife is used very ill. I have told several people, who have been so truly unfortunate, always to lay the child to sleep on the other side: and then the face and neck get cool, otherwise the heat and pressure contract them.

It is no reason, because a lady cannot suckle with both breasts with one child, that she should be prevented with the next; for the milk always comes in both. When I lay-in with my last child, my shoe-maker's wife came to me on business, and had a beautiful boy in her arms, about five months old; she sat down to suckle him, and I observed she put him twice to the same breast; which I told her was very wrong: she said she had a very sore breast with her first child, and never could suckle with it after. I asked her if she ever tried; she said no. But, when I found she had milk in it, I begged of her to apply my Glass, and the milk came freely, though that was her fifth child; she put him to it, and he drew the draught immediately. But, as the child had been so used
to

to the other breast, it was a great difficulty to make him keep to this. I earnestly begged of her not to give it up; for, when he was hungry and wanted to suck, he would take it.

When you give an infant the breast, put its arm under yours, and hold the child quite close to you, and let the feet come close to your side; then they can take fast hold at once. Do not take the breast from the nose for the first minute; if you do it baulks them; and many a time I have seen a babe in such a passion that it would not take it again for hours; when that is the case, consider how greatly it must fatigue you in your weak state.

Should you be so unfortunate as to lose your child while at the breast, you must be particularly careful to apply the Assistant at least three times a-day, for the first five days; and be sure to take proper physic in that time to carry the milk off, or you may depend on it you will have sore breasts. Many people will tell you, when a child is dead, the milk will go away: that this is a mistaken notion, I am well convinced of in myself, as I have lost three children while at the breast, and was obliged

obliged to draw my breasts, as I found them uneasy, for above three weeks, though I constantly wore plaisters, took three doses of phylic, and used every other precaution necessary on the occasion, which every woman should do to carry of the milk properly, and bathe her breasts by the fire, on her knees, with some sort of spirits twice a-day, till the milk is quite gone off.

Would every lady be prevailed on to take proper care of herself when weaning her child, in the manner above directed, I have great reason to believe few of them would be troubled with that violent pain and settled coldness in the stomach, which many have in a few days after they have weaned the child. Sometimes the milk will not go quite away for months let them be ever so careful; therefore it is absolutely necessary it should be strictly attended to for fear of a cancer.

Now, my dear madam, I hope I have not omitted one circumstance that may be useful to every lady that does me the honour to apply to me; and, that every one may benefit

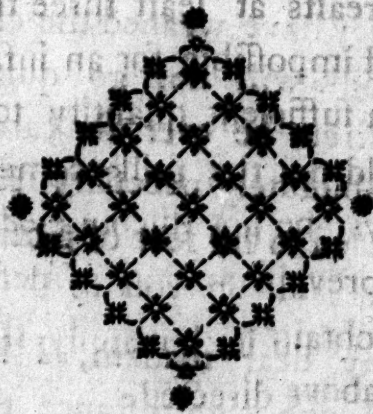
nefit by my instructions as much, as you have,
is the ardent wish of

Your sincere friend,

And obedient humble servant,

Sarah Brown

No. 7 Johnsons Court Blat Street



Instructions

*Instructions for opening the Milk-tubes with
the Assistants.*

FOUR hours after delivery apply the small Assistant to your breasts in order to obtain the nipples; which, if short or turn-in, must always be done before the child is put to the breast. In eight hours after, the large Assistant should be applied, and continue on about eight or ten minutes; as soon as the milk is obtained put the child to the breast: should it not be obtained then, make use of the large Assistant every four hours (if awake) till it is. The first four or five days you should draw your breasts at least three times a-day, as it is almost impossible for an infant of that age to suck a sufficient quantity to give you ease. Should not the milk come freely the first nine days, be not discouraged, nor suffer any one to prevail on you to desist from attempting to obtain it, but apply the child and Assistant as above directed.

In general the milk is at the height the third day; but I attended a lady, with her first
C child,

child, whose milk did not come freely till the seventh or eighth; and, had I not prevailed on her to have pursued the above method, it would have been confidently asserted she had no milk; and, after the first day or two, the attempt to obtain it totally given up. My milk was not at the height, with my two last children, till the ninth day, owing to my drinking the barley-jelly instead of candle, which, in a great measure, causes the milk-fever; but, when the milk was at the height, had I not constantly applied the child and Assistant, for a day or two, I should have been quite ill: therefore, if a child of that age cannot suck sufficiently to keep the milk under, so as to prevent the fever, how unreasonable is it to suppose it can have strength enough on the third day? Do not be awaked to tackle on any consideration; for, by giving the infant a little of the tincture, it will eat at all times.

Never suffer your child to have any moist sugar, as that occasions sore nipples, and frequently and sometimes immediately throws children into the watery gripes; but give it six or eight drops of the tincture every time before it sucks, and wet your nipples with it; otherwise

otherwise the heat of the infant's mouth will make them tender. After the child or Assistant is taken from you, immediately apply a piece of fine rag, dipped in the tincture, to your nipples: but, should you find them the least inflamed or sore, apply the nipple ointment.

The Assistants are to be used thus:

PWT in a quarter of a pint of cold water, and about three times as much of boiling water upon that; shake it well about, and let it stand three minutes: (this is to make the Assistant keep hot;) then turn all that water out, and immediately put on the flannels. Then put in half a pint of boiling water; shake that about likewise, and turn every drop out: clap it quite close to your eye directly, and let it remain there one minute, to judge of the heat. Then apply it to the breast, but do not stir it, lest the wind should get in. At first it is to remain there ten minutes at a time; if that do not fetch the milk, let it be on at least as long again, unless the nipple aches very much. But, when that is the case, press the Assistant quite close to you, as sometimes

that will take the pain off; if it does not, take the Assistant away, by putting your finger quite close to the nipple, and pressing on it a little to let the air in. Sometimes it will make a very great report, as the wind gets in,

When the Assistant has been at the breast a minute, with the greatest care draw the flannel over, but not before, lest the Assistant should slip off, which will sometimes happen; when that is the case, you must put the hot water in again before you apply it to the breast. You are to hold it thus: when you apply it to your right breast, please to hold the foot of it in that hand; and when at your left breast, in your left hand; lay hot cloths on the Assistant to keep it so.

N. B. Should you be out of tincture, order the kitchen poker, red hot, to be quenched six or eight times in a pint of cold water.

To make Barley-Jelly for a lying-in Woman.

UPON a quarter of a pound of pearl-barley pour three pints of spring-water; let it scald: pour that away, then pour three pints of boiling water to the barley; let it boil till

it

it is very thick, taking care it does not boil over: strain it through a sieve, and press the barley with a spoon till you leave little more than the black seed; it will then be quite a jelly. If you have no dislike put in a blade of mace and a piece of lemon-peel; let it stand to be cold: and, as you warm it for use, add a tea-spoonful of gum-arabic, with a little wine, unless you prefer it without. The above I recommend every lady to drink the first five days to suppress the fever, in general occasioned by drinking caudle.

The Gum-Arabic Water.

INFUSE three ounces of gum-arabic in half a pint of boiling water; keep it stirring a few minutes, it will dissolve: put it into a well-glazed pipkin, and give it a boil up for about five minutes. Then put it into a phial to keep it clean and fit for use.



RECEIPTS

R E C E I P T S

FOR THE NIPPLE-OINTMENT.

I.

PUT a very large table-spoonful of sweet oil into a small pipkin, and set it on a slow fire; then add as much sperma-ceti as will lie on a crown piece, and as much virgin-wax as will lie on a shilling: keep it stirring all the while till quite dissolved. When cold, add to it two grains of camphor. When you use it, spread a little on a piece of warm singed rag.

II.

GET two pennyworth of oil of sweet almonds and two pennyworth of sperma-ceti; mix them together over the fire in a well-glazed pipkin; and pour some into an oyster-shell boiling hot: when it is as cold as you can bear it to your lip, apply on the shell to your nipple; and wear

wear it constantly till the nipples are quite healed and not the least tender. The oyster-shell must lie in boiling hot water at least twenty-four hours before it is fit for use.

III.

A pennyworth of ointment of camomiles: bathe the nipples with it frequently, (with a feather,) and it will heal them very soon.

The Poultice,

PUT two white-lily roots into a quarter of a pint of boiling water; let them simmer over the fire in a copper sauce-pan till quite tender; then take the roots out, and put into that liquor as much crumb of bread as will boil soft; put in a piece of hog's-lard, the size of a pullet's egg, and a very little milk: give them a good boil up; and, when you spread the poultice on a rag, bruise the lily-root, and spread it on: be sure to have a large hole cut in the rag, to let the nipple through. When the poultice has been on a few minutes apply the child or Assistant.

T H E E N D;

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...and it will be a great help to you.

1. The two sides of the triangle are equal.
2. The two angles at the base are equal.
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